Hawaii Marine C Section August 15, 2003

## **MCAF** race goes Saturday

Ed Hanlon V MCCS Marketing

Runners, walkers and keiki athletes take notice; a fun-filled day of events lies ahead.

Join Marine Corps Air Facility and Marine Corps Services Community Athletics for the Nu'upia Ponds 5-mile footrace and the Volksmarch directly following, or enroll the kids in Triathlon, Keiki the Saturday at MCB Hawaii, Kaneohe Bay.

All races are open to the public, so bring the entire family for a healthy day of fun, with prize giveaways for all ages.

Runners can strut their stuff at the 5-mile footrace that leads around the Nu'upia Ponds. The race begins at 7 a.m. and will kick off at Dewey Square. Registration time is set for 6 a.m.

Awards will be presented to the top three finishers in each age category of both women's and men's divisions. The cost for the race is \$15 for individuals and \$40 for all formations of 10 runners or more. All registered runners will receive an event finisher T-shirt.

This event is part of the General's Commanding Semper Fit Series which is sponsored by Gatorade.

Want to race, but at a little more relaxed pace? Check out the Volksmarch, a 5-mile family-paced course held immediately following the

5-mile race. The fee is \$15 for participants, and all patrons receive a commemorative coin as well as a finisher Tshirt. Walking strollers are

welcome. Your favorite little adolescent athletes can participate in the Keiki Triathlon, an event for kids ages 7 through 14 years, at the base pool at 9 a.m.

The event includes a 100meter swim, a 3.1-mile bike ride, and a .6-mile run for youth ages 7-10. For athletes ages 11 through 14, the event includes a 200-meter swim, a 6.2-mile bike ride, and a 1.2-mile run to finish.

The cost is \$15, and all participants will receive a finisher T-shirt. There will be numerous prize giveaways and goodies for everyone.

Registration forms for all three events can be picked up at the Semper Fit Center located aboard Kaneohe Bay, or can be found online at www.mccshawaii.com.

Late registrants are not guaranteed a T-shirt on Saturday.

All competitors under the age of 18 years must have a waiver signed by a parent or guardian.

For more information, contact MCCS Athletics at 254-7590.



Shayla Malbon (right), 8, tries to take the ball away from one of the Red Dragons' players during the fourth quarter of Saturday's game.

# Red Dragons beat White Tigers, 2-0

Cpl. Jessica M. Mills Combat Correspondent

The Pearl Harbor Red Dragons remained undefeated in the Hawaii Youth Soccer League when they shutout the MCB Hawaii, Kaneohe Bay, White Tigers Saturday at the Kaneohe Bay Post Office Field.

The 7-9 age group soccer divi-

tive, the players are still learning the fundamentals of the game.

During the first quarter, both teams crowded around the ball, each player trying to get a piece of it. Possession bounced back and forth continuously, but neither team broke through each other's defenses.

Finally, the Red Dragons sion games last for one hour broke into the penalty box and Although the league is competiwent too far left and the White from his nose.

Tigers' goal keeper, Collin Reedy, took control.

White Tigers Sean Dingle, and Shayla Malbon, worked together to bring the ball down the field. Feet away from the goal, the Red Dragons managed to maneuver the ball away from them and try to score. But Reedy was ready and lunged forward and wrapped himself around the ball with the Red separated into four quarters. attempted to score, but the kick Dragon player's foot inches

Throughout the first and second quarter, most of the ball play was on the Tigers' half of the field, but the Red Dragons did a good job of defending.

Minutes before the end of the second quarter, Red Dragon Oscar McCullough towards the penalty box and slammed a shot into the top right corner of the goal, but Reedy again managed to stop

See SOCCER, C-6



Ready to take his team straight to the top, Warriors Head Coach Shawn Jones attempts to toughen up a Warrior by putting him through an entourage of con-

# Warriors and Bandits say they're ready for season

Lance Cpl. Monroe F. Seigle Combat Correspondent

With the first kick off of this year's Intramural Tackle Football season right around the corner, coaches and players aboard MCB Hawaii, Kaneohe Bay, are on the war path, training for nothing less than victo-

Last year's champions, the hard charging, hard-hitting warriors from Marine Aircraft Group 24, know as

the "Bandits," might encounter some difficulty defending their hard-earned title this year.

"We are going to be a better team this year with nine players," said Headquarters Bn., MCB Hawaii, "Warriors" Head Coach Shawn Jones. "When you have more players, you can attack from different angles and make plays more interesting. From talking with players and fans, we needed to develop

See FOOTBALL, C-6

## Camp Smith moves fitness center to 2C

Sgt. Reina A. Barnett Marine Forces Pacific

CAMP H. M. SMITH

Personnel working aboard Camp Smith may have noticed that there is a new location for the fitness facility as of July 28. The new location is in entrance Bldg. 2C, through Gate 13, directly off Elrod Street.

"The location had been chosen for some time," said Angela Pittman, Marine Corps Community Services athletic director, Marine Forces Pacific. "What helped is that we had to vacate Building 9. We had a deadline of the end of July."

This new facility is a temporary one, at least for the next three years. By 2007, plans are to build a permanent, two-story fitness facility, to include a basketball and racquetball court, a fitness floor and office spaces.

"This will be a big payoff for people here at Smith," Camp Pittman, who is an American Council on Exercise certified personal trainer.

Pittman plans to offer personal training sessions to help patrons meet their fitness-related and weight management goals, and to help those unfamiliar with fitness. Her goal is to help others stay motivated and

Part of the planning phase included talking with MarForPac representatives to make sure that purchased equipment was user friendly with a good service and support history. Such service and support was found with Icarian, Inc., whose "reputation is great," according to Pittman.

Through MCCS, 19 new pieces of equipment have been purchased for the gym.

Some future ideas for the facility include a sauna, a martial arts training area, an aerobics class and a massage therapist.

"We're trying to set up programs that would benefit patrons here at Camp Smith," said Pittman. "I think this is a positive step in the right direction. It's a nice feeling to do some-

See FITNESS, C-6

# BASE SPORTS:

**Edward Hanlon V** MCCS Marketing

'101 Days of Summer' Brings **Basketball Tournament** 

This event will be held Wednesday through Aug. 23 at Semper Fit Center. The entry deadline is today by 3 p.m.

Games will go at 6, 7 and 8 p.m. on Wednesday and Aug. 22 and at 9 a.m. on Aug.

The tournament is projected to be double elimination following NCAA rules.

There will be a 16-minute running clock used for each half, except for the last two minutes, which will be regulation clock. There will be four timeouts per game, per team.

For more information, contact Joe Au, sports coordinator at the Semper Fitness Center at 254-7591.

#### Camp Smith Gym **Open for Business**

Marine Corps Base Hawaii has experienced a progression

of renovations in the past few years, and they keep on coming.

Yet another Marine Corps Community Services renovation project is in development currently at Camp

> H.M. Smith. The fitness center is under restoration and an interim gym will be open for business beginning

Monday.

The temporary gym is located in Bldg. 2C on the basement level. Patrons can enter from Elrod Street, closest to Gate 13.

For further information, call 477-0498.

### **MCB Hawaii Hosts** CFC 5K Fun Run/Walk

Marine Corps Base Hawaii, Kaneohe Bay, will be hosting the Combined Federal Campaign's 5K Fun Run/Walk on Sept. 13 at 8 a.m.

The race will start and finish at Risley Field aboard MCB Hawaii, Kaneohe Bay, across the street from the Semper Fit Center. The 5K course distance is approximate.

Runners must be in place at

Risley Field for run instructions at 7:30 a.m. The race will start at 8 a.m. sharp, and the finish line will close at 9:30 a.m. But, plan to stay awhile and enjoy the festivities after the race.

No headsets or pets will be allowed during the race.

available now at www.cfc hawaii.org, or call 257-1026, and leave a message with an e-mail address, and an entry form will be sent to you.

The entry fee is \$15 and includes a T-shirt, free barbecue, and entertainment, which will be offered to participants following the race.

Commemorative T-shirts are not guaranteed for those signing up after Aug. 27.

Parking will be available at the base theater, bowling alley, Enlisted Club, and the grass field adjacent to the Provost Marshal's Office. Parking is limited, so carpool when possi-

For more on the race, call 257-

**Semper Fit Seeks Resumes** for All-Marine Rugby Team

The All-Marine Rugby Trials Camp will be held Oct. 12 - 18 at Marine Corps Reserve Support Command Kansas City. The Armed Forces Rugby Championships will be held Oct. 20 - 27 at Naval Station Everett, Wash.

Then, an armed forces team Registration entry forms are will be selected to compete in the Invitational Territorial Tournament Dec. 5 - 7 in Tampa, Fla.

> Marines will return to their assigned duty stations upon completion of the rugby championships. If selected for the armed forces team, a message will be sent to the Marine's command requesting additional duty from Dec. 5 - 7.

Interested Marines must submit resumes no later than Sept. 16. Resumes must include the past two year's playing experience and contain command endorsement stating that the Marine will be made available to attend all events if selected.

Rugby resumes can be found at www.usmcmccs.org, and they must be sent through local Semper Fit athletic directors.

For more information, at 254-7590.

### **MCCS Seeks** Male and Female Boxers Marine Corps Community

Services is now recruiting male and female boxers.

Resumes are being accepted for the All-Marine Boxing Trials, to be held at MCB Camp Lejune, N.C., Nov. 17 - 22.

Marine Team will compete in the Armed Forces Boxing Championships, held Dec. 6 -

Resumes must contain command endorsement stating you will be made available to attend all events if selected.

Resumes are due to MCCS Athletics no later than Sept. 28. If you are interested, contact MCCS Athletics at 254-7590.

### Kahuna's Brings **Tsunami Surf Saturdays**

Surf's up at Hawaii's only indoor surf meet from 10 p.m. -2 a.m Saturdays at Kahuna's Sports Bar and Grill.

Catch a big one on the surf simulator, and win a brand new surfboard from Local Motion. Call 254-7660 for more details.

### **Youth Activities Presents** New Ice Hockey Program

Youth Activities is beginning a new Ice Hockey Program for the children of MCB Hawaii. Registration is now in progress at Youth Activities, Bldg. 5082.

The league is sponsored by Equipment Hockey Program in conjunction with the Ice Palace.

Children will be provided free ice hockey gear, skating lessons, and practice/game time at

For more information, call 254-7610.

### **August Brings Seasonal Sports from YA**

Cheerleading, in-line hockey, and flag football kick off this month. Registration has already begun at Youth Activities.

Birth certificates must be provided, and volunteer coaches are needed for all three activi-

For more information, call 254-7610.

### Bowling is Back, Big Time!

K-Bay Lanes is in a league of its own, but offers numerous leagues for bowlers of all ages.

The Women's League ages 18 and over, begins Sept. 11 and plays on Thursdays at 6 p.m.

The Youth League is open to bowlers ages 6 - 21 and begins Aug. 23 at 9 a.m, with play continuing on Saturdays.

There's even a Pee Wee League for baby bowlers ages 3 - 5. It will also run on Saturdays at 9 a.m. starting Aug. 23.

For more information regard-Those who make the All- ing leagues, call 254-7693.

#### **Semper Fit Center Runs Beginner Fitness Program** The Beginner Fitness

Program is an eight-week session that meets twice a week at the Semper Fit Center with a certified personal trainer to assist those wanting to learn how to exercise the correct and smart way, to fulfill whatever goals they may have set for themselves.

For more information on the program, call 254-7597.

### Semper Fit Offers **Cooperative Childcare**

This cooperative baby-sitting effort is available at the Semper Fit Center, aboard MCB Hawaii, Kaneohe Bay, for all active-duty service members and their fam-

Participants are required to volunteer baby-sit three times per month and is open for children ages 6 weeks and older.

# Base All Stars

NAME: Collin Reedy

AGE: 8 years old

GRADE: Third grade

SCHOOL: Kainalu Elementary

**SPORT:** Soccer

**POSITION:** Goalkeeper

**TEAM: K-Bay White Tigers** 

- Reedy has played goalkeeper for all three years that he has played
- He has played in the Hawaii Youth Soccer League for three years — for MCB Hawaii, Kaneohe Bay.
- Besides soccer, Reedy also plays football, basketball and baseball. Baseball is his favorite sport.
- During his last game against Pearl Harbor, Reedy made five saves.



Cpl. Jessica M. Mills

"Soccer is fun, and it's a good sport. But, you have to help everybody to do well. That is why I like to be goalie."

# COMMUNITY SPORTS

### Military & Civilian Runners/Walkers Invited to USO Hawaii Race

Hawaii citizens traditionally demonstrate their appreciation to the men and women of the U.S. armed services, and there will be another opportunity to show that support during the USO Hawaii/Outrigger-Ohana 5K/10K Base Race Aug. 24 at 7 a.m. aboard Hickam Air Force Base (Hangar 7).

The registration fee is \$18 for individuals; however, teams of 5 to 10 runners are also welcome. The fee is only \$15 for applications received by Monday.

Late entries will be accepted Aug. 23 at "The Running Room," 819 Kapahulu Ave., or on Aug. 24 at the race site.

Registration forms can also be picked up at the Semper Fitness Center aboard Kaneohe Bay.

Funds raised by the race/walk will help the nonprofit, nongovernmental USO organization continue its mission.

The race this year returns for the first time since 1999 to Hickam AFB, where the organization's "Base Race" series

Participants may enter either a 10K or 5K event. Awards will be presented to the top three male and female finishers overall, and in age groups in five-year intervals from 14-and-under to 80-andover. Participants will be eligible to win nator Dave Sanford at 488-4419, or the

dozens of door prizes.

Teams of 5 to 10 runners may enter the 10K in one of two divisions — military or civilian — and in one of three categories: male, female or mixed. The five best runners' times will determine the team's rank.

Mixed teams must have at least one male and one female finisher among the top five runners.

## Hike Oahu with

Hawaiian Trail and Mountain Club Join the Hawaiian Trail and Mountain

Club on a 6-mile hike Saturday at 8 a.m., climbing the ridge between Kalihi and Kamanaiki Valleys, under the watchful eye of Pu'u Lanihuli.

A \$2 donation is requested for each nonmember, age 18 or over. Children under 18 must be accompanied by a responsible adult.

For hikes, the club meets at Iolani Palace, mountainside, at 8 a.m., unless otherwise noted. It does not provide transportation.

Bring lunch and water on all hikes. Wear sturdy shoes and clothing. You are responsible for yourself at all times.

Firearms, pets, radios and other audio devices are prohibited on hikes. For more information, contact coordi674-1459 or 377-5442.

## **Bellows Hosts Outdoor Recreation**

This summer, you can be awash in outdoor activities at Bellows.

You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m.

The cost is \$12 per person and includes the use of a bodyboard.

Also, learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more information, call 259-8080.

## **Bellows Sponsors Camping**

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots,

Hawaiian Trail and Mountain Club at two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week (a \$56 savings).

### Marines and Sailors Get in Shape with ShipShape

You can win the war on body-fat! You may think the way to lose weight is by deprivation or taking a fat-burning pill or some quick technique, but it's not.

Whether you are just starting a fitness program, exercising for weight management, or need to improve your physical fitness standard, the Ship Shape program can help you meet your goal.

Achieving and maintaining a healthy and fit lifestyle is often difficult; skills and tools provided during this program will enable you to meet your goals. The 8-week action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques.

To sign up or for more information on the Ship Shape program, call 471-9355.

## Fax Us Your Recreation Ads

Advertise sports and recreational activities of general interest in the "Base Sports" or "Community Sports" columns. Fax details to 257-2511.

For more details, call 257-8836.

# ————SPORTS AROUND THE CORPS—

# Miramar's West Coast Regional champs again

Sgt. Joshua Stueve MCAS Miramar

MARINE CORPS RECRUIT DEPOT, San Diego - Set against the San Diego skyline, with recruits providing cadence, the Miramar softball team successfully defended their title at the West Coast Regionals held at here July 24. Miramar defeated Marine Air Ground Task Force Training Command Twentynine Palms Calif. in a two-game final.

After losing in the first round, the Miramar team had to fight its way through the loser's bracket to make it back to the championship game.

"After we lost the MCRD game we knew it was going to take a lot to make it to the finals. We had to take the low road to the championship," said John "Donkey" Parks, from Blytheville, Ark. "Nobody ever said it was going to be easy. We just had to take it one game at a time, keep our confidence up, and believe in ourselves."

Because of the first round loss, Miramar had to win two in a row against the previously undefeated Twentynine Palms

The tension was high going into the fourth inning of the first game. Miramar had managed only three runs, and the offense was looking like it was feeling the effects of playing four games the previous day.

It didn't last long, though, because in the fifth inning Miramar brought out the big guns.

The offense was sparked by Joe Evans' pinch hit RBI double, which opened the flood gates to an eight-run inning.

Tyrone Butler smacked a single, followed by a double by Doug Hall. Manny Marte wiped the bases clean with a single that brought home both Butler and Hall. A double and a single later brought Corey Metelak to the plate, who decided that he was tired of running bases, so he dropped Miramar's second bomb of the afternoon, by sending the first pitch he saw over the left field fence.



Above — A Miramar softball player prepares to drive a ball into play during the West Coast Regional Title finals game against Twentynine Palms at Marine Corps Recruit Depot San Diego, July 24. The MCAS Miramar team defeated their opponent twice, 16-5 and 15-10, to take the title.

Right — Members of the Miramar softball team look on as the team cruises to its second straight West Coast Regional Title.

After the ashes and ruble were cleared from the field, officials determined that Miramar was leading 11-3, Twentynine Palms' chances of winning the game were certifiably dead.

"The rest of the teams in the tournament knew we were the team to beat," said Butler, a native of Pine Bluff, Ark. "Any inning we have the potential to score 10 or 12 runs. Really, it's just a matter of time before we get you."

With the game pretty much in hand, Evans decided it was time to start using some of his utility players, who picked up right where the starters left off.



changed, but the intensity level remained the same as Miramar got the win with the final score

Slow was the way the second game started, as well, for anyway.

Twentynine Palms came out came to life. of the dugout wearing their "whites," a uniform in which they had not yet been beaten in. Twentynine Palms wasted no time getting on the board, starting off the top of the first inning

The players may have with an RBI single and two-run homer to left field.

> Four runs in the second, and one in the third and the fourth, quickly put Miramar down 8-3. But in the bottom half of the fourth, the sleeping giant known as Miramar's offense

Evans started the rally by hitting a pinch hit double into left field. Then Butler hit a drive homer over left center that was headed for Bob's Barbecue in downtown San Diego.

I think it could smell the sauce.

When it was all said and done, Miramar had put 10 runs on the board and was leading the game 13-10. Twentynine Palms was held scoreless in its next at bat, and then Miramar was at it again.

Butler started the bottom half of the inning off by drilling his second homer of the game, a monstrous shot to left field that landed halfway between home plate and the San Diego International Airport. The ball was hit so hard that Butler never left the batter's; box, he just stood there like an artist admiring his masterpiece.

Doug Hall was not to be outdone, so he hit his own solo shot to left field to up the score to 15-

Twentynine Palms would score one run the rest of the way, and Miramar would be crowned West Coast Regional champions for the second year in a row.

"When we were down we didn't panic because we've been in that situation before," said Butler. "We have a lot of vets on this team that know how to play this game and come back and win."

Coach Evans felt the same

"This is just a great group of guys to be around. They all played a significant role on this team and should be very proud of their efforts," he said. "This is a great tournament to be involved in, and MCRD did a fantastic job of hosting this year."

After the tournament was over, players from Miramar, Twentynine Palms and MCRD gathered around home plate to receive their medals.

An assistant coach from the All-Marine Team attended the tournament to select a few players from each to attend the All-Marine training camp at Marine Corps Air Station Cherry Point, N.C. Todd

Tapper and Tyrone Butler were the two selected as the representatives from MCAS Miramar.

# Ladies 'row, row, row' their dragon at Yasaka Lake

Cpl. Jan Bender

Combat Correspondent

YASAKA LAKE, Japan — Ten people, one boat and one drum. One might question what could possibly be accomplished with this combination of items. But, for a group of MCAS Iwakuni residents, it was all that was needed to win.

The Dragon Ladies, a ten-woman team composed of station residents, won 1st place in the woman's division of the 13th Annual Yasaka Lake Sports Festival Dragon Boat races.

The event consisted of an entire team loading up in a dragon-shaped boat and using a combination of teamwork and technique, racing down a 500-meter course marked by buoys in the center of Yasaka Lake.

Eight of the team members were tasked with paddling while one was in

charge of the rudder, and the final team member sat in front of the boat beating out a rhythm on a drum. The purpose of the instrument was to keep all the paddlers in sync with one another.

Dragon boat racing is thought to have originated from China more than 2,000 years ago as a form of worship to the gods to ensure plentiful crops.

Although the Dragon Ladies walked away with a plentiful harvest at the end of the races, they were by no means professionals.

Connie Hudson, Dragon Ladies paddler, said it wasn't due to hours of practice either.

"I don't think anyone on the team has ever competed in something like this before today," said Hudson. "We all just came out here to have some fun and enjoy the weather."

Katrina Adams, Marine All Weather



The Dragon Ladies raise their oars triumphantly following their victory during the 13th Annual Yasaka Lake Sports Festival Dragon Boat Race.

Fighter Attack Squadron 242 operations clerk and Dragon Ladies paddler, was equally surprised by her team's success just after the first race.

"The last time I can remember being in a boat was when I was in the Brownies,'

laughed Adams. "I was kind of shocked when we won the first race. At first, they were ahead, but we all started to get in sync and we made it happen just before

See DRAGON, C-6



# spotlight on health

# Weight gain can be stopped by small steps



John Spencer, an armorer with the Sergeants' Course, aboard MCB Hawaii, Kaneohe Bay, takes a nice leisurely stroll down the street after one of his daily PT sessions.

**Featurettes** 

A nationwide initiative is taking on a weighty problem by urging people to take a step in the right direction. The initiative is designed to promote active living and healthy eating in order to stop weight gain in America and reduce the many health complications that result from being over-

Called "America on the Move", it provides education, support and tools to Americans of all ages and physical limitations on how to get just 2,000 extra steps each day — the equivalent of about one mile — or eat 100 fewer calories a day. According to experts, this allows most people to achieve energy balance--the proper balance between food intake and energy expenditure.

Through the organization's pilot, "Colorado on the Move," researchers found that by setting rea-

sonable, customized goals, people are more likely to succeed at increasing their lifestyle physical activity.

"The power of AOTM is that small changes have huge effects on health and quality of life, if done consistently, said Dr. James Hill, America on the Move founder and director of the Center for Human Nutrition at the University of Colorado. "Nearly everyone can make small changes without turning their life upside-down."

According to the U.S. Health and Human Services Department, America spends \$117 billion a year on obesityrelated diseases, and 300,000 Americans die of such diseases annually.

recent Harris Interactive study found that 70 percent of Americans 13 years and older are trying to lose weight and 81 percent would like to become more active. The survey reported most Americans (89 percent) do not know

weight gain can be stopped by small changes in diet such as eating 100 fewer calories a day.

Individuals, corporations, community groups and others can register through the Web site at www.AmericaOnThe Move.org. The AOTM Web site offers step counters and provides ideas that make it easy to move more and eat less. It also helps participants track their steps and progress while organizations can download materials that provide ways to promote healthy eating and active living for their constituents.

Simple tips for taking extra steps include taking an after-dinner walk, parking farther away from buildings, and challenging others to see who logs the most steps in a week. Reducing 100 calories is as simple as leaving a few bites of food on your plate.

For more information log onto www.AmericaOn The Move.org.

# Stings from insects can be lethal; tips aid allergic people

**Featurettes** 

"Bee careful!" Bees and wasps can cause a number of problems for homeowners and pose a threat to safety. Their stings can be painful, even attracted to open garbage cans deadly to sensitive individuals.

United States as a direct result of bee and wasp stings.

To defend your home and your family from stinging bees and wasps, the National Pest Management Association recommends the following:

• Be aware of stinging insect nesting areas, and use extreme caution when around them.

Bees and wasps can build their nests in attics, crawlspaces, building corners, soffits, under eaves and gutters, and even in some places you can't see, such as under patio furniture, decks, or even underground.

A pest control professional can assist you with identifying all nesting areas, even hidden ones, and properly removing them.

•Bees and wasps can also build their nests inside structures. It is advisable to seal exterior cracks and crevices to prevent the insects from entering and building their nests.

•Don't try to remove a nest yourself. Bees and wasps sting not only to protect themselves, but to protect their entire colony, including family mem-

bers. That's right, all of the wasps or bees in a colony are related. They have their family's best interest at heart, and that's not good for any home-

•Stinging insects are also and exposed food. They are Experts estimate that 50 to attracted to open soda cans, 100 people die annually in the fruits, snacks, and other items.

Cover all food when outdoors. Be sure to keep tight-fitting lids on garbage cans and empty them regularly.

 When spending time outdoors, avoid excessive use of fragrances, such as those found in shampoos, hair sprays, perfumes, colognes, lotions, and other products. It is wise to opt for fragrance-free varieties of these products since bees and

> wasps are attracted to these

scents.

•If you an allergic reaction to an insect sting, seek medical attention immediately. Insect stings injure or kill more people

every year than all other venomous animals combined.

"All the more reason to make sure you contact a pest control professional when you're trying to rid your house and property of bee and wasp nests and activity," says NPMA public affairs director Cindy Mannes.

For more information log



CRITTER

Bug #354663



Lance Cpl. Monroe F. Seigle

Marines from the Military Police Co. aboard MCB Hawaii, Kaneohe Bay, stay in shape — as individuals and a unit — by participating in events like the Special Olympics Torch Run in Honolulu in June.

# Feet take a pounding some 28,000 times in a marathon

**NAPS Featurettes** 

Runners know their feet take a lot of punishment, but athletes and weekend warriors are not the only ones who abuse their feet. You probably take about 8,000 steps each day. Illfitting shoes, pointed toes, high heels and sweaty shoes subject feet to everyday torture that can contribute to painful health problems.

## Foot Health Is Important

When it comes to painful feet, what appears to be minor may grow into a serious issue if left untreated. Seek out a podiatrist if you notice any of the following:

• Peeling skin on heels, sides

- •Bumps on the toes
- Blisters, calluses or thickening skin on the foot

of feet or between the toes

- Any wound or sore that feet daily, even between toes. resists healing
- •Thick, brittle, discolored or shoes two days in a row. flaking toenails

Warts

Feet are susceptible to fungal infections that can result in itching and burning. Fungal infections under toenails can make walking, standing and wearing shoes miserably painful. Those who experience symptoms should contact a podiatrist to prevent serious discomfort.

## 10 Steps To Healthy Feet

To keep your feet healthy and comfortable, follow these

- easy foot tips: 1) See your podiatrist and
- follow his or her directions. 2) Wear properly fitting shoes.
  - 3) Keep feet cool and dry.

4) Wash and thoroughly dry

5) Avoid wearing the same

6) Always wear shoes in public areas including hotel rooms and health clubs to avoid contracting an infection.

7) Disinfect shoes regularly with a disinfectant spray.

8) Clip toenails straight across or have your podiatrist

9) Use sterile pedicure instruments.

10) Foot pain, itching or ugly toenails should never be ignored. Your feet are feeling the impact of tremendous pressure with each step. If this abuse is causing you discomfort, do not assume it is unimportant-visit a podiatrist.

Remember, foot and toenail infections are contagious. They can be spread on floors, carpets and even the bath or shower.

# Summer's sun and heat can be killers

**Base Safety Center** Press Release

Many people love the heat of summer — the hotter the better — but if you are working outdoors, or inside without airconditioning, too much heat can be deadly.

The U.S. Occupational Safety and Health Administration has just released some advice on working in hot weather conditions. It covers everything from the need to protect the skin against harmful sunlight exposure to understanding heat exhaustion and heat stroke, how to prevent them and what to do if they occur.

"Summer is a time to be enjoyed, but it's also a season that can present unique hazards to those who work outdoors or in very hot environments," says OSHA administrator John Henshaw. "Our job is to help employers and workers learn how to reduce heat-related illnesses and fatalities. "

Simple precautions can often save

The combination of heat, humidity and physical labor can be fatal. The two most serious forms of heat-related illnesses are heat exhaustion, resulting primarily from dehydration, and heat stroke, a medical emergency.

#### **Heat Exhaustion**

Heat Exhaustion, if not treated, can

lead to heat stroke. Symptoms of heat exhaustion include dizziness or lightheadedness, weakness, confusion, irritability, upset stomach, vomiting, decreased or dark-colored urine, fainting and pale, clammy skin.

A victim should be moved to a cool, shady area and not left alone. If the person is lightheaded or dizzy, place him on his back and raise his legs six to eight inches. If he is experiencing nausea, place him on his side.

You can also Loosen and remove an heavy clothing, and have the person drink cool water (about one glass every 15 minutes). But, this should not be done if the victim is sick to his stomach.

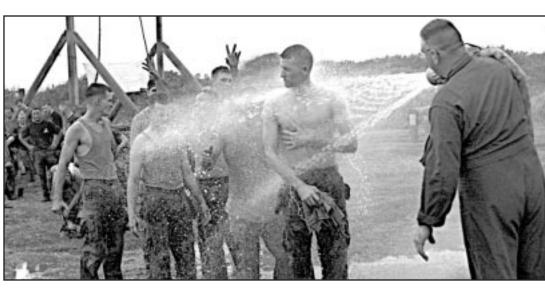
Cool the victim's body by fanning and spraying it with a cool mist of water, or pressing a cool cloth to the skin.

Call 911 for emergency help, if the person does not feel better within a few

#### **Heat Stroke**

Heat stroke symptoms include dry, pale skin with no sweating, hot and red skin that appears sunburned, irritability and confusion, seizures and unconsciousness.

If these symptoms are present, Have someone call 911 immediately. Move the victim to a cool, shaded area, placing him on his back unless nausea is evident, in which case side placement is advised.



Staying hydrated by any means possible will keep outsiders safe during hot summer conditions. These 2003 Swamp Romp competitors stayed cool by the hose.

If seizures or fits are occurring, ensure the area is clear of any objects that could cause injury.

Have the person drink a cup of cool water every 15 minutes, unless the victim has become sick to his stomach. Place ice packs under the armpits and groin area.

### **Hot Weather Tips**

Wear a hat and use a high SPF sunscreen product to coat all exposed skin areas when working outdoors, and perform the most physically demanding work during the coolest part of the day.

Build up tolerance to heat and work activity slowly, over about two weeks. Also, train workers to recognize heatinduced illness symptoms and have them work in pairs so they can watch out for one another.

Drink a cup of cool water every 15 minutes, but avoid drinks containing caffeine and do not consume alcohol.

Lastly avoid eating heavy meals; wear light, loose-fitting, breathable clothing; and take frequent mini-breaks in cool areas to allow the body to cool

# Lycopene may protect from skin, bone disease

**NAPS Featurettes** 

At a recent conference, sponsored by the Center for Food and Nutrition Policy at Virginia Institute, Technical Washington, D.C., researchers reported that they are finding more health benefits lycopene, a pigment that gives many fruits and vegetables their red color.

Previous research has found that the benefits of lycopene appear to affect parts of the body where lycopene concentration is highest, such as in the prostate gland. New research suggests a potential benefit for bone and skin health and male infertility.

Lycopene is an antioxidant, which appears to prevent the formation of harmful by-products of metabolism called free

radicals. Free radicals are thought to be responsible for damaging the body's cells, as well as their genetic makeup, leading to certain chronic dis-

One researcher at the conference, Dr. Leticia Rao from the University of Toronto, explained that lycopene's function as an antioxidant prevents free radicals from disrupting the balance of new bone formation with the bone loss that naturally occurs with age. When that balance is thrown off, bone loss exceeds bone formation, causing the brittle bone disease osteoporosis.

of Ben-Gurion University, reported that oral lycopene had a protective effect against UV skin damage, which suggested a potential inverse connection between lycopene



Lycopene-rich foods, such as tomatoes and watermelons, may be a nutritious way to help pre-

Another researcher, Dr. Yoav and skin cancer. He explained that while sunscreens provide external protection from damaging UV rays, antioxidants like lycopene in the diet might provide internal protection from sunburn.

vent chronic disease.

Dr. Narmada Gupta of the All nutrient form and some multi-India Institute of Medicine found low levels of lycopene in the testes of men who showed signs of infertility. Dr. Gupta worked with 30 men to see if supplementation with lycopene would improve fertility. Results indicated reduced levels of free radicals, increased sperm concentration and movement and improved pregnancy among the participants.

Lycopene is readily available in tomatoes, tomato sauces, watermelon, and other red fruits and Lycopene absorption enhanced when tomatoes are heated, especially in combination with olive oil or other fats, making processed tomato products like tomato sauce and paste excellent sources of the nutrient. Lycopene is also available as a dietary supplement in a singlevitamins.

Because of the availability and affordability of lycopenerich foods, lycopene could potentially provide tremendous benefit for Americans. However, 40 percent of Americans do not consume a single tomato product on any given day, according to Rich Forshee at CFNP. In fact, average consumption is low and even more pronounced among African Americans.

Scientists agree more research vegetables. is needed to determine lycopene's true preventative potential and to learn whether lycopene works best as a single nutrient, or in synergy with other nutrients naturally found in food. In the meantime, adding lycopene to your diet may help fight free radicals and maintain long-term health.

### DRAGON, From C-3

the finish line."

While the Dragon Ladies came out of their first race on top, another Station team "Anchors Away" competed in the four knuckle boat races and didn't fair so well.

After being eliminated in their first race, the fiveman team packed up and headed home, but Tim Tinker, said it was a day well spent.

"It was all about timing. We had timing; it was just off," joked Tinker. "But the biggest reason we came out was to have fun and enjoy a bit of the

Japanese culture, and that was definitely a success."

Taking what they had learned from their first race and from watching their fellow station residents compete, Dragon Ladies focused on coordination and teamwork going into their final race.

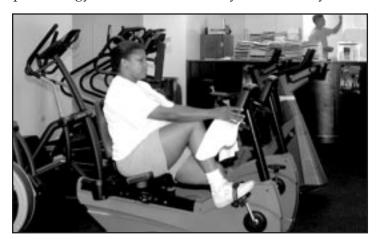
"We focused on maintaining a high level of motivation and rhythm," said Sequoia Johnson, "From the time we stepped in the boat, until our final race, we made vast improvements." said Johnson.

#### FITNESS, From C-1

thing for people that keep us free."

"There are long hours and hard work here," said James Lawless, intel chief, for Headquarters Bn., MCB Hawaii, with a smile, "but this [gym] is climate controlled."

Hours of operation for the new gym are Monday -Friday, 5:30 a.m. to 8 p.m., and Saturday, 11 a.m. to 4 p.m. The gym is closed on Sundays and holidays.



Sqt. Reina A. Barnett

A Camp H. M. Smith Semper Fit Center patron improves her cardiovascular conditioning on a stationary bike in the newly relocated fitness center.

Lance Cpl. Monroe F. Seigle

Headquarters Bn. "Warriors" Head Coach Shawn Jones gets his team ready for the upcoming season by putting them through some basic preseason training to assess where his team stands as a whole.

# **FOOTBALL:** Players ready for kick off

From C-1

team unity. Once we do that, I think we can go straight to the top."

The Warriors split the season down the middle last year with a 3-3 record and took one game in the intramural playoffs. According to Jones, last year's record was only a reflection of the lack of unity on the team, not the skill level of the play-

"We are ready for this year's season," continued Jones. "We've got guys on our team that can block like you wouldn't believe and we've got some awesome wide receivers.

"Like I said, if we can only work together as a team and no one puts themselves above anyone else, I

have no doubt we can be successful on the field this season. We've got some good return players this year that are ready to pick up where they left off."

Although sounding quite ready for anyone who wants to step up to their challenge, the Warriors might encounter a little difficulty from last year's returning champions, the Bandits, who were 7-1 in the regular season last year. They ended up at the top of the food chain, after showing all their skills and guts while breaking all the defensive barriers during the post season last year.

"All teams are going to present a challenge this year," said Bandits Head Coach Rick Hargrave. "They have all learned from last year and are going to improve their teams. I

have confidence in my team though. I am sure we can take the post season and once again, be the champs."

Hargrave has high hopes that fan participation all across MCB Hawaii will be as high as it was the year prior. Last year, fans made every game interesting by pouring their hearts and souls into cheering on their favorite teams to victory.

As for the other five teams who will be putting up a fight in this year's intramural football league, the stakes are going to be high, with a different team structure and more experienced players.

The first game of the season is scheduled to kick off Sept. 8 and all teams are looking forward to having large crowds to rally them to victory.

# SOCCER: Pearl Harbor dragons 'de fang' Kaneohe Bay Tigers

From C-1

the shot before it went in. The second quarter ended 0 -0, with both teams showing fatigue.

The third quarter continued in the same fashion back and forth, at some points practically running over one another for posses-

Halfway through the quarter, Red Dragon Jacob Minyard snuck a shot past the White Tigers goalkeeper to take the lead, 1 - 0. Then another Red Dragon Megan

Akers, ran the ball down the Dragons. "We try to make field, chased by White Tigers Cameron Barksdale.

Ba.rksdale attempted to block Akers' shot, but it was Reedy who again blocked the goal.

In the fourth quarter, the the players passed the ball Red Dragon attempts to Smith, finally slid one in under his nose.

> "These kids practice hard and they use teamwork. That is why we get ahead," said Cristy Dammann, assistant coach of the Red

them understand it is not about winning, but having a good time."

The game ended with the Red Dragons ahead, 2-0, staying undefeated in the Hawaii Youth Soccer League.

"It's all fun and games. score were shot down two The kids enjoy it," said times by Reedy before Red White Tigers Coach Tim Dragon forward Casey Charles, a warehouse chief with Marine Aviation Logistics Squadron 24. "We lost. It's no big deal. The point is that the kids learned something and had fun."

> The next game for the Kaneohe Bay White Tigers is tomorrow against Schofield Barracks.



Cpl. Jessica M. Mills

The Pearl Harbor Red Dragons and the K-Bay White Tigers all crowd around the Tigers' goal as they watch Collin Reedy, 8, stop yet another shot during the third quarter.